

# Fresh, Fun and Fabulous...

# Cook With Heidi!

- **White Bean Dip 淹没白豆**

### Ingredients 原料

White beans 白豆 1罐  
Lemons 柠檬 2个  
Olive oil to taste 橄榄油  
Cumin Seed 茴香籽  
Roasted garlic 烤大蒜  
Salt 盐  
Pepper 胡椒粉  
Mint or parsley 薄荷或欧芹

### Method

1. Roast the garlic in an oven first until soft.
2. Blend the white beans togetherwith the garlic,lemon juice,olive oil,cumin,salt and pepper.
3. Taste for seasoning and scatter over lots of fresh herbs at the end.

### 制作步骤

1. 在烤箱内先把大蒜烤到松软为止。
2. 然后把白豆，大蒜，柠檬汁，橄榄油，孜然香料，盐和胡椒粉混合在一起。
3. 品尝一下味道，最后加上新鲜的香草叶。

A handwritten signature in black ink that reads 'Heidi'.